DOCUMENT RESUME

ED 304 541 CE 052 054

TITLE An Unforgiving Enemy: AIDS. Student Reader and Teacher's Guide.
INSTITUTION Adult Education Services, Johnstown, PA.
SPONS AGENCY Pennsylvania State Dept. of Education, Harrisburg. Bureau of Vocational and Adult Education.
PUB DATE 88
CONTRACT 98-8013
NOTE 95p.
PUB TYPE Guides - Classroom Use - Materials (For Learner) (051) -- Guides - Classroom Use - Guides (For Teachers) (052)

EDRS PRICE MF01/PC04 Plus Postage.
DESCRIPTORS *Acquired Immune Deficiency Syndrome; *Adult Basic Education; *Disease Control; Disease Incidence; Epidemiology; *Health Education; Hygiene; Instructional Materials; *Prevention; *Preventive Medicine; Reading Materials; Teaching Guides
IDENTIFIERS 310 Project

ABSTRACT

These adult basic education instructional materials on the prevention of Acquired Immune Deficiency Syndrome (AIDS) include a student reader and a teacher's guide. The student reader contains six chapters. Chapter 1 introduces two characters--Ricco and Francis--and focuses on the definition of AIDS, the three stages of the disease, the cause, and the origin of the virus. Chapter 2 identifies the five categories of adults most likely to get AIDS. Chapter 3 attempts to determine how Francis got AIDS. Focus of Chapter 4 is on recognizing the symptoms of people with AIDS. It traces the procedure for antibody testing and deals with mental attitudes toward test results. Chapter 5 emphasizes practicing "safe sex." Chapter 6 deals with up-to-date information on AIDS, attempts to discredit the myths, looks at AIDS in the workplace, and encourages responsible decision making between partners. It concludes with Francis facing the final stages of the disease with Ricco's friendship and support. Recommendations for persons testing positively and a list of information hotlines and publications are provided. The teacher's guide provides the following material for each chapter: a list of terms for review with definitions, discussion points, suggested activities, a listing of additional resources, handout and visual-aid masters, and information sheets. (YLB)

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An Unforgiving Enemy:

AIDS

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Contents:

1 Student Reader

1 Teacher's Guide

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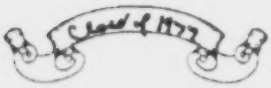
An Unforgiving Enemy-AIDS

Chapter 1



This story begins at the Jefferson High Reunion for the class of 1977. Two of the classmates are about to meet for the first time in ten years. The classmates are Francis and Ricco. Francis comes into the school gym and time seems to stop! He sees his old friend Ricco. Francis thinks that ten years have not changed the fearless leader of the Vipers. He is still trim and dressed in the latest style. Ricco, however, is shocked at the sight of his old friend! Francis is much, much thinner and very tired looking. As the two meet, they embrace. Francis speaks, "Hey Ricco, it's great to see you. You look terrific!" Ricco replies, "Frankie, what's up man. You look mean and lean!" Ricco is really thinking, "What happened to this dude!" This is not the muscular, well conditioned body of a Viper soldier!"

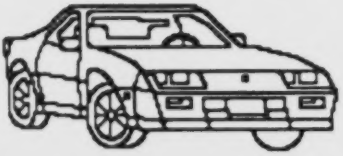
Francis introduces his roommate Vaughn. For the last five years, the two have been living together in a Colonial Hills Condo. Ricco is surprised by this arrangement. He didn't know that Frankienow prefers to be called Francis and mainly enjoys the company of another man. Ricco struggles with this openness of Frankie or Francis. But a deep memory flashes back into his mind. Ricco is seventeen years old once again and looking at the point of a stiletto held by Darron, leader of the Cobras. Feeling overpowered by Darron's attack, Ricco realizes his fate. Suddenly, Frankie jolts from the rafters and stabs Darron.

As Ricco remembers this event, he feels a closeness to Frankie. A closeness that overlooks changes in a person. "So what if Frankie is gay. That's his business" are the words going through Ricco's mind. But he can't understand why Francis looks like death warmed over! He has to find out what happened!

Now it's Ricco's turn to introduce Charissa. Ricco explains that they met two years ago at a Bruce Springstein concert and have been together ever since.

As the two friends go over the past ten years, Francis talks about his job with a leading computer corporation. Ricco embarrassed by his lack of success, boasts about his position as a buyer of imported merchandise. What he neglects to explain is that the import is cocaine! Ricco knows that he must be careful not to let Francis know that he's a user. He's sure that Francis would play the preacher and deliver one of his pretty "stay clean" speeches. As long as Ricco knew Francis, Francis never used drugs or "got high."

As the evening continues, Ricco looks for a chance to talk with Vaughn alone. He needs answers to questions. Ricco gets that chance while Francis is outside showing his Corvette to some friends. Ricco questions Vaughn about Francis' appearance. At first, Vaughn is reluctant to discuss Francis' change in appearance. But Ricco presses Vaughn for answers to

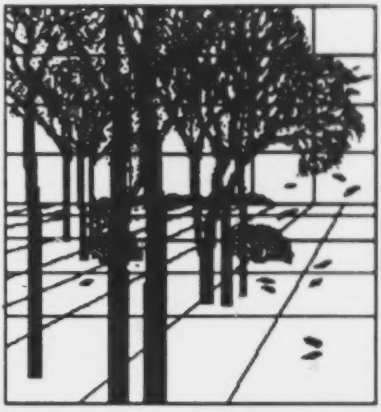


questions like "Why is Francis so thin? Why does he look so tired?" Finally, Vaughn reveals that Francis is suffering from the final stages of AIDS. Vaughn can see the surprise and shock in Ricco's face. Realizing how upset Ricco is at this moment, Vaughn suggests that they meet somewhere tomorrow and continue their talk. The rest of the evening continues bringing two old friends closer together than they have been for ten years.

The next day Ricco and Vaughn meet in a nearby coffee shop. Ricco has been thinking about Francis. He has many questions to ask Vaughn. Ricco begins, "I've heard of AIDS but what do those letters stand for?" Vaughn explains: "A for Acquired - which means passed from person to person; I for Immune - this is the part of the body that provides protection from certain diseases; D for Deficiency - that means lack of; S for Syndrome - which is a group of signs and symptoms. AIDS is a very serious disease that breaks down a part of the body's defense system. It is caused by a virus. A person who has AIDS is also open to serious illnesses that usually don't bother a healthy defense or immune system. These are called opportunistic diseases; opportunistic because these illnesses take the opportunity to attack the weakened immune system. One of these diseases is called *Kaposi's Sarcoma*. KS is a type of skin cancer that causes pink, brown, or purple blotches on the skin which increase in size and number. Another life-threatening disease is called *Pneumocystis carinii pneumonia* or PCP. This is the most common of the opportunistic diseases. PCP is an infection of the lungs with these symptoms: persistent cough, fever, shortness of breath and difficulty breathing. Francis has had several severe bouts with PCP. Each time the infection returns, he becomes weaker and hospitaliza-

tion is longer."

Up to this point Ricco has been listening very closely. He responds slowly, "OK, I get it! AIDS is a serious illness that is passed from person to person because the body's defense system can't protect itself from a particular disease so Frankie's immune system is really messed up! How bad? Give it to me straight, man!" Vaughn is silent for awhile. He is trying to find a way to tell Ricco that Francis has only a short time to live. By this time, he is shaking and starting to cry. Vaughn tries to pull himself together and finally tells Ricco that Francis has only three months to live. Rejecting this news, Ricco's body becomes rigid and tense. He never expected it to be so soon! Vaughn tries to comfort Ricco by telling him that Francis has been living with this for three years. Ricco covers his face with his hands in disbelief and says, "Man, oh man!" At this point, Ricco gets up quickly and tells Vaughn, "I can't take any more of this. My head is ready to explode. I gotta' get out of here!" He rushes out of the coffee shop and wanders through the busy city streets, not really hearing or seeing anything around him. He keeps hearing Vaughn's words "At the most, three months, at the most three months! A death sentence at 28." As he walks, his mind begins to settle down. He is slowly gaining control of his emotions. A rush of energy goes through his



body. He must do something to save his brother Viper. But what? He says to himself "I gotta' find out more about this thing AIDS. What was it that Vaughn said? Something about people who you could talk to about AIDS.

Where are those numbers he gave me? Ricco finds the paper with the two phone numbers. One number is for the Pennsylvania State Health Line 800-692-7254. The other number is the U.S. Health Services Hotline 800-342-AIDS. Ricco decides he must call! He can't let Frankie down!

Rushing through the streets, he makes his way home and nervously dials the PA State Health Line number. A kind voice answers the phone and asks how he can be of assistance. Hearing this kind voice unleashes all the anxiety that he has been building up inside of Ricco. He begins to sob! He says, "Man, it ain't right! It just ain't right!" James Johnson the person on the other end of the phone patiently listens as Ricco pours out his feelings about Frankie and his disease. When Ricco seems more settled, Johnson asks Ricco how much he knows about AIDS. Ricco repeats what Vaughn has told him. Johnson replies, "Your friend may have gone through two prior stages of AIDS. The first stage is called *Asymptomatic*. In this stage many people look and feel healthy and are capable of passing the virus to others. They are identified as "asymptomatic carriers," (carriers without symptoms of the disease).

The second stage is called *ARC* or *AIDS Related Complex*. Some people who have ARC have milder symptoms of the AIDS infection while others suffer with chronic symptoms. In some cases, the disease results in death without being officially identified as AIDS because of the absence of one of the diseases that doctors use to diagnose AIDS.

The third and final stage of the disease is the most serious. I believe this is the stage of your friend's illness. His defense system has broken down and his body is no longer able to fight infection. Pneumonia and/or cancer can invade the body and lead to death. Even though your friend may be very weak, it is still possible to transmit the virus at this time." "What's the name of this virus?" asks Ricco.

Johnson explains to Ricco that the virus is called *Human Immunodeficiency Virus* (HIV). In order to understand how this virus affects the body, you need to know more about the immune system. A healthy immune system has blood that contains different types of white blood cells that take various roles in protecting against disease. These are called B and T cells. B cells make infection-fighting antibodies (chemical compounds that fight the spread of disease agents). The T cells or sometimes called "Helper" cells help the B cells make antibodies that fight invading viruses. Other T cells called "Suppressor" cells, work to stop the production of B cell antibodies once the infection has been overcome. In a healthy person, helper cells outnumber suppressor cells by 2 to 1. In a person with AIDS, the T cells number is low and the suppressor cells outnumber helper cells; thus,

leaving the immune system too weak to fend off certain diseases.

Ricco has been trying very hard to understand all the information that Johnson has been telling him.

Johnson tells Ricco that no one is absolutely sure how or where this HIV virus started. Some researchers feel that it began in central Africa in the late 1970's and early 1980's. In 1982, AIDS quickly spread through a village of 600 in Uganda. By 1986, there were only 150 people remaining. Over 100 villagers died and many others moved to other villages. In central Africa, AIDS has reached epidemic proportions. Covering eleven nations from the Congo to Tanazia, about 50,000 people have died from AIDS. It has been estimated that 5 million Africans are carriers of the virus and that 10 to 30% exposed to the virus will develop the disease. Many researchers feel that these numbers are much higher than reported to the World Health Organization. Although the virus, may have started in central Africa, it has spread to other parts of Africa, Haiti, the Americas and Europe.

Ricco comments, "It sounds like a lot of dudes have been doing some heavy work on this HIV virus! My head is so full of B and T cells, ARC, PCP, KS and immune system that I need some time to sort everything out. I think I know what Frankie has and what this virus did to him but I need more time for everything to sink in! How about you sending me some more information about AIDS and how I can help Frankie?" Johnson replies, "I'll send you the

booklet we have on AIDS and a list of people that are in your area that can also help you and your friend. The best way to help your friend is to be there for him until the end. Remember, if you have any questions or need to talk call me, Ricco, anytime." "You got it!" answers Ricco as he hangs up the phone.

Chapter 2

In a few days, Ricco receives the information from Johnson at the Pennsylvania Department of Health. There are four booklets: What Everyone Should Know About AIDS, What Gay and Bisexual Men Should Know About AIDS, About AIDS and Shooting Drugs, and About Protecting Yourself from AIDS.

Ricco feels that he must learn as much as he can about AIDS before he meets Vaughn again. He curiously picks up the booklet What Everyone Should Know About AIDS and begins reading. As he turns the pages, he finds the information that Johnson told him about the immune system and how the HTLV-III/LAV virus attacks and changes the cell. He is also drawn to a heading on page 7, "Who Gets AIDS?" Now, this is what he's been looking for!

Ricco soon discovers that most adult cases of AIDS have come from people in these five groups: 1) homosexual and bisexual men, 2) homosexual men who use intravenous (IV) drugs, 3) people receiving blood transfusions, 4) heterosexuals, and 5) intravenous drug abusers. Ricco is stunned by this last group! He has been a user for six years! He's pretty sure that the "works" he shared were clean. No need to worry; he'll check into that later. But now, he wonders to which group does Francis belong?

The first group was homosexual and bisexual men. He reads that about 66% of reported AIDS cases are

homosexual and bisexual men and that there is a greater risk for those with many sexual partners. Ricco recalls his

conversation with Vaughn. He hears Vaughn confiding that he and Francis have been partners for five years; Vaughn also stressing their loyalty to each other. Based on this disclosure, Ricco is almost certain that this is the category for Francis.

Ricco continues reading. The next group was homosexual men who use intravenous (IV) drugs. He finds out the 8% of AIDS cases are sexually active homosexual men who share needles or other drug equipment. Ricco doubts that Francis would belong to this group because Vaughn assured him that Francis is still "clean."

The next group Ricco reads about are hemophiliacs and people who have had transfusions. These people make up about 3% of all the reported cases. It was found that a special clotting substance made from donated plasma was infected with HTLV-III/LAV. Ricco knew that Francis was not a hemophiliac and Vaughn mentioned that Francis had not had any blood transfusions. So, Ricco concludes that it is highly unlikely that Francis would belong to this group.

The fourth group is made up of heterosexuals. About 4% of all cases have been the sexual partners of AIDS cases or other people in the risk categories. Since Francis and Vaughn have been loyal to each other, Ricco is pretty sure that Francis would not be a part of this group.

The last category Ricco reads about are heterosex-

ual IV drug users. This group makes up about 17% of all the reported cases of AIDS. Since Francis is gay and doesn't do drugs, Ricco feels certain that he's not part of this group. But he is worried about himself! He's trying to think of the times he shared a needle. Did he remember to thoroughly clean the needle? The booklet suggested soaking the needle in 1 cup of water plus 2 tablespoons of household bleach for 30 minutes and thoroughly rinsing. Ricco knows he followed this procedure a few times. But there were times that he was so high that he doesn't know what he did or didn't do! He's got to find out!

There is one thing that he is pretty sure about and that is that Francis is part of a group of homosexual men who have AIDS. But how did he get it?

?

Chapter 3

As Ricco asks himself how Francis got AIDS, he looks for a possible answer in the booklets he got from Johnson. He picks up the booklet, "What Gay and Bisexual Men Should Know About AIDS. He finds the part about how AIDS is passed on or transmitted from one person to another. Right now, he's interested in how gay men get AIDS. As he reads, he learns that gay or bisexual men or men who have had sex with another man since 1977, can get AIDS through anal intercourse or other sexual activities involving contact with semen and/or blood. He stops for a moment to think about that statement! Ricco realizes that Francis and Vaughn have been living together for several years and that this could be a definite possibility.

As he picks up the booklet again, Ricco finds out that it is possible for gay men who abuse IV Drugs to get AIDS through sexual activity or sharing "works" and other drug equipment. Since he has Vaughn's word that Francis doesn't shoot drugs, Ricco comes to the conclusion that Francis got AIDS from having sexual relations with Vaughn. But, he can't be absolutely sure until he asks Francis and right now he doesn't have the "guts" to do that!

He continues reading the booklet and learns that heterosexual sex partners of AIDS patients may be exposed to the virus through any sexual activity involving semen and/or blood. This makes him think about some of his friends. About a year ago, he had heard that Lenny and

Harry were gay. The person who told him also insisted that Lenny had AIDS. At that time, Ricco contended that this couldn't be true because he had seen Lenny and Charmagne together many times. But now, what if this is true? Lenny could also have infected Charmagne! What a waste!

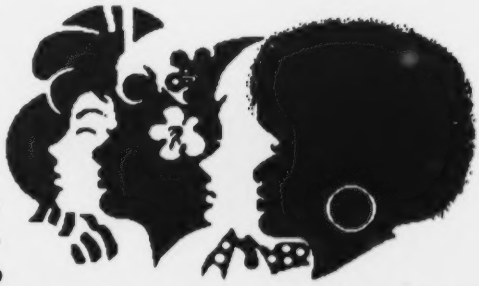
Ricco reads further that hemophiliacs and people who have had blood transfusions may have received blood or blood products infected with the AIDS virus. He remembers reading about the Ray family in People magazine. The children, Ricky, 10, Robby, 9, and Randy, 8, are hemophiliacs who were found to be carrying the AIDS virus in 1986. Because of fear and ignorance, the boys' house was gutted by fire. Help came too late for these boys! Today, the chances are 1 in 100,000 that a person will get AIDS through a blood transfusion since all donated blood is tested for the AIDS virus.

The last group he reads about are heterosexual IV drug users who share needles and other drug equipment. There it is again! Drug users! Ricco is really getting worried now! What if he didn't clean the needle properly? What if he did drugs with somebody who was carrying the HTLV-III/LAV virus? What if he is carrying the AIDS virus? All of these questions are driving him crazy with fear. He has to get some answers! He could call Johnson. After all, he did say to call if he had any more questions. Ricco begins looking for Johnson's telephone number. He finds the number and nervously dials. Johnson answers and says, "Hey, Ricco, what's up?" Ricco replies,

"I've got some questions that need answers!" Ricco doesn't want Johnson to know that he shoots drugs so he asks some general questions such as "How do you get AIDS?" Johnson calmly replies that the AIDS virus is transmitted mainly through sexual contact or through sharing infected IV needles. He firmly states that AIDS is not transmitted in day-to-day casual contact but passed on when the virus is placed directly into the blood stream. Johnson tells Ricco that the HTLV-III/LAV virus lives in body fluids of blood and semen and that a person can get AIDS after his blood has come in direct contact with the semen, vaginal secretions, blood and possible urine and feces of an AIDS patient. He adds that the virus has also been found in spinal fluid, tears, saliva and breast milk, however, the concentration of the virus is not strong enough to cause infection even if some of your blood were to come in contact with these fluids. Johnson further explains that when we talk about sexual contact we mean sexual intercourse (vaginal and anal; possibly oral intercourse). Scientists studying AIDS do not completely understand how HTLV-III/LAV gets into the blood system during sexual intercourse but some people think that infections of the penis, rectum, vagina or cervix may be the answer. Johnson advises that another way that you can get AIDS is by sharing IV drug needles, including mainliners and skin poppers. Now, this is what Ricco wants to hear about! Johnson tells him that some people can't or won't quit shooting drugs. Ricco thinks that it's a good thing they're talking over the telephone because his face is bright red! He's too embarrassed to tell Johnson that he's a drug user! Meanwhile, Johnson keeps on talking about how he advises drug users not to share their "works" and if they do, they better clean their set real good with bleach. Ricco felt a little better when he heard about the

cleaning and soaking. He listens nervously as Johnson warns users that if they ever did drugs or had intimate sexual contact with a drug user, they may be carrying the deadly virus. Johnson continues to tell Ricco that many people who use drugs have been infected with the virus. Some will develop the disease and others will have a milder case while most of the people will stay well. Johnson also warns that people who have been infected may be able to pass on the virus without getting sick themselves.

All of this new information makes Ricco more worried about his past drug activity. How does he know if the guys he shared a needle with were carrying the virus? As he is thinking, Ricco hears Johnson tell him that there is another way to transmit AIDS. It is not as common as sexual contact or sharing needles. It happens when a pregnant woman passes the AIDS virus onto her unborn child. This happens because of the close contact of the mother's bloodstream and her child's. Johnson adds that the disease can also be transmitted at birth . About 80% of all the children that have AIDS were infected by the virus during the mother's pregnancy or during the delivery. While not every child of an infected mother develops the disease, it is easier for infants to get AIDS. This takes place because the baby's immune system is not as well-developed as an adult's. Up until this time, Ricco did not know that AIDS



could be passed on from a mother to a fetus. It makes him feel concerned about Charissa. What if she is pregnant? It is his responsibility to find out if he has been infected!

Johnson tells Ricco that there is one more area where AIDS can be transmitted and that's through blood transfusion or blood products infected with the virus. Ricco responds that he remembers reading that before scientists found the AIDS virus in blood, some people received blood that was infected with the virus. Johnson adds that today, with the close screening of blood samples for antibodies to the virus, and high-risk persons not giving blood, the blood samples are free of the virus. However, people who had transfusions between 1978 and 1985 may want to have a blood test if they had more than one transfusion and lived in a place where there were many cases of AIDS.

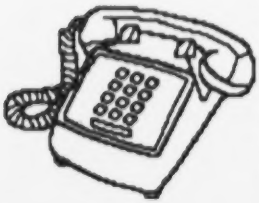
"Well, Ricco, have I answered your question, how do you get AIDS?" asks Johnson. "Yeh, you did," replies Ricco. "I think I know how my friend may have gotten AIDS and how some of my friends who use drugs might have been exposed to the virus. I'm really worried about my friends who do drugs! What can I do?" asks Ricco. Johnson answers, "There are two things you can do: first, ask your friends if they have the symptoms related to the AIDS virus and second, encourage them to have a test done to verify these symptoms." "OK, I'll do that," replies Ricco. "What are the symptoms I should tell my friends to look for?"

Chapter 4

As Johnson continues his telephone conversation with Ricco, he tells him that many people infected with HIV have no symptoms or signs that show they are suffering from AIDS or have been infected with the virus. Some persons are symptom-free for a few months or as long as seven years. It has been proven that the longer a person has been infected, the greater are his chances of developing the disease. Until certain symptoms appear, the person's immune system is fighting the infection. Johnson advises Ricco that as the disease develops, these symptoms appear:

- Unexplained tiredness
- Recurrent fever
- Shaking chills
- Lack of appetite
- Weight loss (greater than 10 lbs.)
- Diarrhea
- Drenching nigh sweats
- Pink or purple raised bumps or blotches that are on or under the skin, inside the mouth, nose, eyelids, or rectum. In the beginning, they look like bruises but don't go away and they are generally harder than the skin around the bump
- Swollen lymph glands (usually found in the neck, underarm or groin.)
- A dry cough that hangs on (along with shortness of breath)
- White spots (like cotton) in the mouth
- Confusion or memory loss

Ricco listens carefully as Johnson explains that most of these symptoms sound like signs of a cold or flue or an illness that is not serious. However, the thing to remember here is the length of time these symptoms last. Johnson cautions Ricco to tell his friends that if these symptoms last more than two weeks, they should see a doctor and that AIDS cannot be self-diagnosed! "OK, Johnson. I'll tell my friends about these symptoms. Thanks a million." replies Ricco.



After Ricco hangs up the telephone, he thinks about the symptoms that Johnson mentioned. He also thinks about the test that will verify these symptoms. Johnson told him that the Health Department gives these tests and doesn't ask a lot of personal questions. It looks like this is the only way he'll know if there are any antibodies to the virus in his blood. Ricco reluctantly dials the telephone number that Johnson gave him. He talks with Susanne Jordan, the nurse on duty and makes an appointment for a blood test. Mrs. Jordan asks if there is a particular reason for the test. Ricco tries to answer her but the words won't come out of his mouth. He's too embarrassed to admit that he may have AIDS! He can feel the rush of blood to his face. He tries again and barely manages to say that he wants to know if there are any antibodies to the AIDS virus in his blood. Mrs. Jordan tells Ricco that the test is the HIV antibody test and that the result will show if he has or has not been infected with the HIV virus. Realizing that the caller is very upset, Mrs. Jordan explains that the results of the test can be helpful in protecting his health and the health of others. It would also

be helpful to his doctor in treating him when he is ill. She suggests to Ricco that his doctor may prescribe Retrover (AZT) which helps to prevent HIV from destroying the immune system if he would have a positive result from the test.

Mrs. Jordan wants Ricco to understand that knowing the result of the antibody test will not tell him if the virus is in his body right now but that he was or was not infected with HIV. Although up-to-date information suggests that once a person is infected with HIV, the infection lasts the rest of his life. Mrs. Jordan cautions Ricco that sometimes learning that you have been infected with the virus brings about anxiety and depression.

"After hearing all this information about the antibody test, do you still want to go through with it?" asks Mrs. Jordan. Ricco hesitates for awhile but realizes that he can't go on like this. "Yes, I want to have the test!" Ricco answers firmly. "Fine. Come to the Health Center at 9:30 a.m. tomorrow," responds the nurse.

As Ricco arrives at the Health Center, he thinks that the last twenty-four hours have been the longest in his life. He told Charissa that he had a business appointment. No need for her to worry too! Ricco nervously opens the door to the testing center and walks in.

He sees a lady at the information desk and tells her that he has an appointment with Mrs. Jordan. Ricco is directed to room 112, just down the hall. He slowly walks down the narrow hallway, thinking that maybe this wasn't a good idea. He reaches for the doorknob and sees the sweat on his hand. He quickly wipes his hand on his jacket and opens the door. As he walks into the room, Ricco sees a middle-aged woman, Susanne Jordan, sitting at the desk. She verifies the time of his appointment and the purpose of his visit. She reassures him that she will not ask his name but give him a number to identify his test results. This helps Ricco to relax a little. Mrs. Jordan asks Ricco if he understands what a positive or negative test result means. "Yes," responds Ricco. He tells Mrs. Jordan that a positive result means that he has been infected with the HIV virus but his body has not had time to produce antibodies to HIV. Mrs. Jordan adds that after you have been infected, it usually takes about fourteen days to produce an antibody but can take as long as six months.

"Your information is correct," reassures Mrs. Jordan. She further explains that a positive test result does not mean that you have AIDS right now or will develop the disease in the future. Current reports show that most individuals who get a positive test result did not have AIDS at the time of the test. Researchers also feel that over a period of time, some of the individuals with a positive antibody test result will

develop AIDS while others will have a milder form of the disease known as AIDS-Related Complex (ARC) and others may remain healthy. Mrs. Jordan also tells Ricco that it is possible to get a "false positive" result even though test results are very reliable. This happens when antibodies are reported and are not present in the blood. She explains that this is more likely to take place in persons with a low risk of infection.

Mrs. Jordan also tells Ricco that it is possible to get a "false negative" test result which means that antibodies to HIV are in the blood but have not been picked up by the test. She is quick to reassure Ricco that this rarely happens.

"Do you have any questions, sir?" Mrs. Jordan asks Ricco. "Not right now, mam," Ricco answers nervously. As Mrs. Jordan draws the blood, she tells Ricco that the blood test is known as the ELISA test. The letters stand for enzyme linked immunosorbent assay. The test doesn't take very long. Mrs. Jordan can see the worry in Ricco's eyes and says, "Give me a call at the end of the week; we should have the results by then." Ricco is relieved that the test is over and quickly leaves the health center. He tries to keep himself busy for the next few days by looking for another job. He's got to get out of cocaine! So far his only job offer is from Dandy Dan's Dodge. Ricco considers Dandy Dan to be a real low life but he would be away from the drug scene. He has until Monday to make up his mind.

At the end of the week, Ricco returns to the health center. He reluctantly gives his number to the lady at the information desk. He asks himself, "Does she remember me?" She finds his file and tells him that Mrs. Jordan will

see him. As Ricco walks down the hallway, it seems like he will never reach Mrs. Jordan's office. He stops at the door. He wants to go inside but he can't move! His body is frozen in place! Just then, Mrs. Jordan opens the door and says, "Come in, I have your test results." Somehow Ricco regains control of his body and sits in the chair.

Mrs. Jordan begins, "Your test results are positive; there are antibodies to the HIV virus in your blood. To verify this test, we did another ELISA test and a more sensitive test called the Western Blot. Both of these tests were also positive. Ricco was afraid that this would be the result. He really didn't trust those guys who shared "works." "How could I be so stupid! I've ruined my life and maybe Charissa's too!" Ricco says to himself. He didn't hear Mrs. Jordan talking. She calls him, "Sir, I want to help you! Remember that a positive test result doesn't mean that you have AIDS now or you will get AIDS in the future. Do you have any of the symptoms we talked about? Think about it for a while," says Mrs. Jordan. She gives him a paper with the symptoms listed. Ricco slowly looks over the list and then gives a big sigh of relief knowing that he doesn't have any of these symptoms.

Mrs. Jordan suggests that Ricco see his doctor and discuss his total health. She also advises him that because the HIV virus is in his body and body fluids, he is capable of passing the virus to another person even though he isn't sick now or may never get AIDS. Mrs. Jordan hands Ricco a list of precautions:

1. Do not donate blood or body

organs.

2. Protect your sex partner. Always use a condom (latex) during intercourse. By using a condom from the beginning to the end of sexual activities, you also protect yourself from other infections.
3. Always use your own toothbrush and razor. Do not share these with others because a small amount of your blood may be left on the item.
4. If you get blood or other body fluids on clothes or furniture, follow this cleaning process:
   a) clean with soap and water,
   b) disinfect with alcohol, Lysol or 1/2 cup of bleach in 4 1/2 cups of water. Dry cleaning can also be used.
5. Practice good health habits. A good diet, lots of sleep and exercise can help your immune system keep the virus under control.

"Thanks for the advice and suggestions," Ricco responds weakly. "Don't forget, I'm here if you need someone to talk with or have any questions," offers Mrs. Jordan. Ricco sadly responds, "OK, I'll remember that, man."

Ricco leaves the office with tears in his eyes. Right now, he wants to be alone and think things out. He walks toward the park. He finds a place that is away from everything and everybody. He stares at the test report. The word P-O-S-I-T-I-V-E seems to be jumping all over

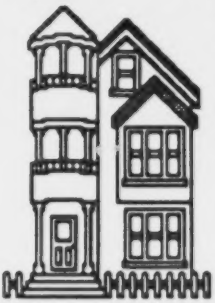
the paper or is it because his hand is shaking so badly! He can't help it; tears are streaming down his face. He hasn't cried like this since his mother died ten years ago. "Good thing she isn't alive to see this happening to me," Ricco thinks to himself. He is so upset that he doesn't notice the man watching him from across the way. The slender, young man approaches Ricco and quietly says, "It's OK friend, let it out. Let it all out!" Ricco recognizes the voice. "Frankie, oh man! I shouldn't be acting like this," responds Ricco. "How can I help?" offers Francis. "Oh Frankie, you shouldn't be helping me. I should be helping you!" answers Ricco. "We'll help each other, brother Viper," Francis says sympathetically. Ricco forces a slight smile as Francis mentions Viper. Ricco sadly responds, "God, that seems like a million years ago."

After awhile, Ricco pulls himself together and tells Francis about the positive test results. This brings back many painful memories for Francis. He remembers and tells Ricco about the period of denial he went through when he got his positive test results. "I couldn't believe I had been infected with the virus. This is something that happens to other people — not me! How dare this virus infect me! I guess I thought I was invincible. In reality, I was numb with fear! I could see myself in a hospital bed, dying all alone. I felt so hopeless. Also, I was feeling so guilty about being a homosexual and possibly infecting Vaughn," confesses Francis. He tries to convince Ricco that these feelings he has are similar to those shared by many people.

"Do you have any of the symptoms?" ask Francis. "No, not yet," responds Ricco. "Hey, man, don't let this thing get you down! What you need is to keep working and take care of yourself," advises Francis. "Yeh, keep working. I have to level with you, Frankie. I don't have a job. All I know is cocaine! I haven't had a real job for five years," Ricco admits. "I know. Did you think you could fool a brother Viper?" responds Francis. "I guess I was too ashamed to think straight. But I'm going to change all that. I'm going to put my life or what's left of it back in order," replies Ricco.

Ricco tells Francis about the job offer he got from Dandy Dan's Dodge. Francis encourages him to take the job and make the best of it. "I can see it now: Ricco Sanchiz, Salesman of the Month!" teases Francis. Ricco laughs and looks at Francis with tears in his eyes and says, "You're a true brother, Frankie." Frankie responds, "Remember the Viper Promise we made ten years ago: Brothers Forever. Well, I intend to keep that promise!" The two friends think back on those days when wiping out the Cobras was the only thing that mattered to the Vipers.

Suddenly, Francis begins coughing. A deep choking cough that would send any mother running for the cough medicine. Francis struggles between coughs to tell Ricco that it is time for his medicine. Ricco insists on taking Francis back to his apartment and Francis is thankful to have someone to walk with. Ricco can see that these coughing spells drain every ounce of energy from Francis' body.



Soon the two men reach Francis' apartment. Ricco helps to give Francis his medicine and then insists that he rest for awhile. Francis barely reaches the sofa and falls asleep. Ricco is hesitant to leave Francis in his weakened condition. He decides to stay until Francis wakes up. While Ricco is waiting, he makes dinner for himself and Francis. He can't believe himself! Who would ever believe that Ricco Sanchiz would be cooking dinner for a sick friend!

Soon Francis wakes up. He feels much better. He smells something cooking in the kitchen and thinks that Vaughn is home. As he walks into the kitchen, he sees Ricco. He can't believe his eyes! There's Ricco putting a box of frozen green beans into the microwave. "Dinner will be ready in ten minutes," announces Ricco. As the two friends have dinner, Francis tells Ricco that he was able to cope with the positive test results, the symptoms and diagnosis of AIDS because of a special group of people. They're part of a support group in his community. Francis explains that he wanted to return that help so he became a volunteer at the Help Center. "How about coming with me tonight? I'm scheduled from 8:00 - 11:00," Francis asks Ricco. "OK, you got it," responds Ricco.

At the Help Center Ricco meets some of Francis' friends. They try to explain the purpose of the Help Center. Marvin, one of the volunteers tells

Ricco that living with the threat of AIDS can be emotionally crippling for some people. These people find it very difficult to continue in their jobs; they isolate themselves because of their fear of catching a new infection or transmitting the virus to healthy people. "I can relate to that," Ricco comments. Marvin continues to explain that sometimes stress is greater for people who have developed some of the related symptoms of AIDS (ARC). The uppermost thought in their mind is "Will I get AIDS and die?" They also worry that each change in their condition will result in the ultimate diagnosis of AIDS. For some people, the diagnosis of the disease is a relief. The waiting is over. But this relief soon turns into anxiety and depression. This person is always thinking about his illness and his future death. For other persons, the diagnosis of AIDS results in disbelief, numbness and failure to face the truth. Some people get angry at the disease or ask themselves "Why ME?" Others feel angry because no cure has been found for the disease and that they may face a lonely, painful death. While some feel angry at themselves because of their past behavior and also guilt because of the possibility that they may have infected someone else. Due to these intense feelings of sadness, hopelessness and helplessness, many people withdraw from their family and friends and isolate themselves. They may even attempt suicide but few complete this desperate action.

"That is why we are here: to see that they are not successful and fur-

thermore, to see that they don't get to the point of attempting suicide," explains Marvin. "We can eliminate this desperate act by providing a strong network of friends and family. Sometimes it is especially difficult for families of homosexuals or drug users to accept their past behaviors. People suffering with AIDS need to know that someone cares about them and wants to help them. We offer all people with AIDS the most up-to-date information we have on the disease. We also offer counseling for themselves, their families and we offer help in the areas of spiritual, legal and financial matters. Our 'Pal Program' helps people with AIDS who are confined to their homes. A volunteer visits the person and helps in daily chores. Frequent visits are made so the person does not feel abandoned."

Marvin continues to explain that the Help Center also provides and distributes general information on AIDS, risk reduction, testing and health insurance. "We try to give people as much assistance as we can," reassures Marvin. "OK, I'm ready! When do I start!" asks Ricco.

Chapter 5

Ricco is anxious to do a good job at the Help Center. He wants to help someone the way Francis helped him. He knows that Francis made it possible for him to understand his feelings and to realize that he was not alone.

As these thoughts are going through his mind, he notices a young man who is standing at his desk. "Here's my chance!" he thinks to himself. The young man is nervous and keeps his eyes on the floor. Ricco guesses that he's about 18 years old. "How can I help you?" asks Ricco. The young man replies in a whisper, "How do I protect myself from AIDS?" Ricco is surprised by his question. "Let's go over here and talk," suggests Ricco as he directs him to a quiet place across the room. Ricco introduces himself and the young man tells Ricco that he's called Nate.

Nate explains that he has a new "lady" and she's told him about the others before him. "I wanna trust her but I ain't no fool either!" exclaims Nate. Ricco agrees that unless he is absolutely sure about his lady's behavior in the past five years, he must use protection. Ricco also warns that if she has had many sexual partners, she may have come in contact with a person who has AIDS.

The more partners a person has, the greater the risk of infection by the virus. He further explains that absolute certainty also includes using illegal intravenous drugs. "You must be sure that she doesn't do drugs and that she hasn't in the past. Just because a needle or syringe is boiled does not guarantee that it's sterile," advises Ricco.

Irritated by his predicament Nate asks, "What am I supposed to do?" "Take it easy, Nate. We can work this thing out," Ricco responds calmly. "Let's talk about some ways you can protect yourself from being infected by the AIDS virus."

Ricco hands Nate a piece of paper with a list of precautions for protecting himself. He reassures Nate that by following these suggestions, he'll reduce his chances of being exposed to the AIDS virus. Nate carefully reads these suggestions:

1. Practice safe sex.
   a. The safest sex is no sex. This is the best way to avoid getting the virus. However, if you are going to have sex, make sure that your partner is free of the virus.
   b. Know your partner. Avoid sex with many partners or with persons who have had many partners. This includes prostitutes. Also avoid sex with persons diagnosed with AIDS or people infected with the AIDS virus.
   c. Use a condom. This is the next-best protection anytime you have intercourse. Males should use a condom every time and women should insist that their partner use condoms. The risk of infection is reduced when a latex

condom is used with a spermicidal jelly. Petroleum jelly or a petroleum based products weaken the latex and are not to be used with a condom. Also by using a condom, you reduce the risk of spreading the virus through body fluids (blood, semen, urine, feces, saliva, and vaginal secretions.)

d. Avoid anal intercourse if you want to keep your risk of infection to a minimum. This injures the body tissue and makes it easier for the virus to enter the bloodstream.

e. Other practices to be avoided are oral-genital contact and open-mouthed, intimate kissing.

2. Don't use IV Drugs

a. After a user shoots up, there is blood left in the needle or other equipment. This blood could be contaminated with the AIDS virus and be passed on to the next person sharing the "works."

b. Don't share "works." About one-quarter of the AIDS victims in the U.S. got the disease from sharing a needle or syringe with an infected person (boiling the "works" does not guarantee sterility).

c. Avoid having sex with an IV drug user. When a user "shoots up" with a shared needle, he takes the chance that the live AIDS virus can be passed into his bloodstream. Having the virus in his blood, he could then transmit the disease through sexual intercourse.

After reading these suggestions, Nate seems to

have calmed down. He tells Ricco that he feels more prepared for his situation and that he's going to try to follow these precautions for protecting himself from the AIDS virus. Ricco is glad to hear this! He feels like he has saved a person from getting this deadly virus. He has a good feeling inside — a feeling that he hasn't had for a long time.

After Nate leaves the Help Center, Ricco thinks about the fears that Nate had. "I've got to know how to handle these fears. I've got to be able to answer their questions. I need to know more!!

Chapter 6

As Ricco sits at his desk he thinks what he should do. He now realizes that he knows very little about AIDS.

He tells himself that if he truly wants to help people that come to the Center, he's got to learn more about this deadly disease. He'll have to become aware of the most recent research and developments if he's going to calm their fears. He knows that it will also be important for him to help individuals in making responsible decisions concerning their behavior. But most of all, he must let them know that he's here for them and that many other people are here for them too. As he is thinking about these commitments that he must make, Ricco's attention quickly shifts to a very distressing sight! He sees a ghostly figure of a man limping severely and coughing with every painful step as he approaches the door. Ricco stumbles toward the door to help the poor man when he sees this unforgettable face! He can't believe his eyes! Is it Francis? He can hardly recognize his old friend. Francis' eyes have become sunken in their sockets and his cheeks

seem so hollow. The color in his face is now a dull yellow and reveals all of the suffering he has been through during the past month. Ricco fights to hold back the tears. He knows that Francis will not accept sympathy from anyone. He tries desperately to act normal. "Hey Francis, what's up?" asks Ricco. Francis responds, "I thought it was about time that I come to check on you. How do you like the Help Center?" asks Francis. "I really like being here and I think I'm doing some good. Just this morning I talked with a dude about playing it cool with his new lady. It seemed like he was able to handle his situation much better after we talked," responds Ricco. "Maybe you can help me too!" says Francis to his friend. "You got it, man. Just name it," replies Ricco. Choking back the tears Francis pleads, "Help me to die! I don't want to do it alone!" Ricco wasn't expecting this. He sees the loneliness and disappointment in Francis' face as Francis tells him that Vaughn has left. "He just couldn't go on any longer. Vaughn wasn't able to accept any more of the pain in our relationship. I guess I can understand his feelings. Ricco you have always been more like a brother to me. That's why I'm asking you to help me finish this last fight," explains Francis. Ricco is speechless! He doesn't know what to say. He knows that in his heart he can't refuse Francis' request but he's not sure that he can be strong enough to fulfill it. Before Ricco realizes it, he is saying to Francis, "How can I help?" Francis explains that he can't take care of himself any longer and that he has made plans to stay at a Hospice for AIDS patients. It's something like the Coming Home Hospice in San Franciso. "I'll have my own room and twenty-four hour nursing care. I think it will be the best thing for me. Will you help me move some of my things?" asks Francis. "You got it," responds Ricco.

Ricco leaves the Help Center with Francis and the two old friends go back to Francis' apartment. Francis packs the things he wants to take with him and then sadly leaves his home. As Ricco and Francis drive to the hospice, Ricco reassures Francis that he will visit him every day. "You'll get tired of looking at my face," Ricco jokes. Francis is glad to hear this. He always knew he could count on Ricco.

After getting Francis settled at the hospice, Ricco drives very slowly back to the Help Center. He can't get Francis off his mind! He keeps thinking how unfair life has been to Francis. Ricco wants to do something to even the score — but what? He thinks about his last conversation with Francis. They talked about Vaughn and how his leaving was very difficult for Francis to accept. Francis said he could see that his illness was tearing Vaughn apart inside. He explained that Vaughn never stopped feeling guilty about being responsible for his illness.

They also talked about other people believing in some of the myths about AIDS patients. He told Ricco that if only more people knew the facts about the disease, they wouldn't be so afraid of a person with AIDS.

He also felt if people were better informed with the latest information, they wouldn't object so strongly to working with a person who has AIDS. Ricco remembers Francis saying that when people know more about AIDS, they'll want to be more responsible in their behavior and avoid risky behaviors.

Francis helped Ricco to remember how he received information about AIDS. Ricco thinks back to the

time he called the AIDS Hot Line at the Pennsylvania State Health Department and spoke with Johnson. He remembers the booklets that he received from Johnson and reading them over and over again. It was Johnson who told him about the HIV antibody test and the testing sites. Ricco keeps on repeating to himself, "If people only knew, if people only knew." He stops and says out loud, "I'll make sure they know! I'll write all of this information in a booklet and get it printed for the Help Center. I think Francis will feel better knowing that someone is trying to help people better understand this devastating disease.

Ricco is anxious to get started writing the booklet. When he gets back to the Help Center, he begins looking through the available materials. He finds that there have been many changes in what we know about AIDS since 1981 when it was first recognized. Now we know what the virus is and how it is passed on to others. We also have the antibody test to help us identify the virus. We learn that there will continue to be changes in the information on AIDS. Most likely, there will be changes in the number of cases in the United States. The Center for Disease Control reported 40,845 adult cases and 500 cases in children in the U.S. as of August, 1987. It has been estimated by 1991, there will be 250,000 cases of AIDS in the U.S. and 54,000 persons with AIDS will die.

As Ricco reads further, he finds out that changes in the transmission of the virus are not expected. However, there is still some uncertainty about the part oral-genital sex plays in the route

of infection.

Ricco is hopeful for a cure when he reads about the work Dr. Jonas Salk is doing with whole killed viruses. Dr. Salk, who developed the polio vaccine, proposes to give the virus vaccines to healthy AIDS carriers with mild symptoms. He hopes to prove that this may prevent infected persons from developing the disease and reduce their ability to spread the disease. However, Ricco is disappointed to learn that it will probably be several years before a vaccine is available.

As Ricco continues to search for information for his booklet, he comes across the investigation of new treatment therapies. He finds that medications may be developed to slow down the progression of the disease. One of these medications is an experimental cancer drug called *Trimetrexate*. It attacks the form of pneumonia that kills AIDS patients. Unfortunately, this medication has not been approved for routine use. Ricco hopes that a vaccine or a cure is found before his condition gets worse.

Ricco also learns about work being done on an improved test to detect the AIDS virus instead of the antibody. In this case, antibody testing would not be used. The State Health Department recommends that people keep in close touch with the department or their family physician for the most recent developments in AIDS.

Ricco realizes that even though there is a lot of information available on AIDS, some people still have wrong ideas about how the virus is passed on to another person. He decides to make a list of these myths or wrong

ideas of how the HLV virus is transmitted.

The AIDS is not transmitted through . . . casual, non-sexual contact shaking hands, hugging, social kissing, crying, coughing, sneezing, sweating, sharing dishes, glasses, cups, straws, swimming pools, bathing in hot tubs eating in restaurants (no matter who prepares it or serves it), sharing bed linens, towels, doorknobs, telephones, office machinery, household furniture, donating blood, body massage or masturbation, insect bites, using public toilets and showers, air or water, clothing, drinking fountains, being around someone who has AIDS, dogs, cats and domestic animals.

Ricco also remembered that Francis said these wrong ideas affect people at their jobs. He told Ricco about the people he worked with at the office. Most of the employees did not treat him differently after they found out he has AIDS. Even though Francis didn't discuss his personal life at the office, one of the men made it his business to warn the others about the "gay freak." This particular person would not touch anything after Francis had handled it or use any of the public facilities when Francis was around. He also made it known to the management and all employees that he felt Francis should not be permitted to continue at his job. Francis said he was fortunate that his employer did not share this man's views. Francis felt that his co-worker reacted this way because he feared what he didn't understand. He is among one-third of the American population that believe AIDS can be spread through casual contact in spite of all the scientific information available.

During the time Ricco has been working on his

booklet, he has read many, many reports and booklets that are available to the general public through the Help Center. He has talked with numerous men and women

each day about changing their behaviors. Unfortunately, Ricco learned that some of these people do not want to change and don't believe they are at risk for AIDS. Such people don't take this disease seriously because the symptoms may not appear until five or six years after they have been infected with the virus. These people only live for today and don't care about the future. They usually don't know anyone with AIDS and have not been affected in any way by the disease. However, the most important reason that prevents people from changing their behavior to protect themselves from AIDS is having friends or a sexual partner who does not support this change. This reason seems to be the biggest factor in keeping people from changing.

Ricco has tried to think of ways to encourage these people to change their risk behavior. He tries to explain the disease to such people and offer ways to prevent it. Convincing individuals that they are personally at risk for AIDS is also part of Ricco's strategy. He encourages them

to believe that if they change their behaviors, it will protect them from getting the disease. When individuals come into the Help Center, he lets them know that he has AIDS and that he has made changes in his behavior. He hopes that his openness will encourage them to do the same. Ricco also stresses the importance of a relationship with a sexual partner who wants to practice safe sex. He is hopeful that these individuals will see that by practicing safe sex they are making responsible decisions about their behavior.

In order for individuals to make responsible decisions concerning their behavior, Ricco realizes that they need to know where they can go for help besides the Help Center. He decides that he will put together a list of organizations that will be available to help people and have this list included in the booklet. These are the organizations that will gladly help anyone interested in AIDS:

American Red Cross
Local Hospital Staff
U.S. Public Health Services
AIDS Action Council
Gay Men's Health Crisis
National AIDS Network
National Association of People with AIDS
Mothers of AIDS Patients
Minority Task Force on AIDS
Local PWA (People With AIDS) support group
National Coalition of Gay Sexually Transmitted Disease Services

National Council of Churches/AIDS Task Force
San Francisco AIDS Foundation
Health Education Resource Organization (HERO)
Pennsylvania Department of Health
AIDS Project, Los Angeles
AIDS Action Committee
Planned Parenthood
National AIDS Information Program
American Foundation of AIDS Research
Blue Cross of Western Pennsylvania
United Way
AIDS Prevention Project
Hemophilia Center of Western PA
People With AIDS Coalition
American Cancer Society
Center for Attitudinal Healing
American Alliance for Health
Pittsburgh AIDS Task Force
American College Health Association

In addition to the organizations that help anyone interested in AIDS, Ricco included a list of hot-lines available for direct contact. He remembers the times he called Johnson on the hot-line. Those conversations helped Ricco to better understand Francis' problem and now his problem. This is the list of hot-line numbers Ricco included in his booklet:

Public Health Services

1-800-342-AIDS
AZT Information
1-800-843-9388
Drug Abuse Treatment
1-800-662-HELP
Minority Task Force on AIDS
212-749-1214
National Gay Task Force on AIDS
1-800-221-7044
American Social Health Association
1-800-227-8922
Health Education Resource Organization
1-800-638-6252
National AIDS Hotline
1-800-342-7514
Pennsylvania State Health Line
1-800-692-7254

Recommendations for Persons with a Positive HTLV-III Antibody Test

The U.S. Public Health Service recommends the following steps for persons with positive results on the blood test for antibodies to HTLV-III, the virus that causes AIDS:

- Seek regular medical evaluation and follow-up.

- Either avoid sexual activity or inform your prospective partner of your antibody test results and protect him or her from contact with your body fluids during sex. ("Body fluids" includes blood, semen, urine, feces, saliva, and women's genital secretions.) Use a condom, and avoid practices that might injure body tissues (for example, anal intercourse). Avoid oral-genital contact and open-mouthed, intimate kissing.

- Inform your present and previous sex partners, and any persons with whom needles may have been shared, of their potential exposure to HTLV-III and encourage them to seek counseling and antibody testing from their physicians or appropriate health clinics.

- Don't share toothbrushes, razors, or other items that could become contaminated with blood.

- If you use drugs, enroll in a drug treatment

program. Needles and other drug equipment must never be shared.

• Don't donate blood, plasma, body organs, other body tissue, or sperm.

• Clean blood or other body fluid spills on household or other surfaces with freshly diluted household bleach — 1 part bleach to 10 parts water. (Don't use bleach on wounds).

• Inform your doctor, dentist, and eye doctor of your positive HTLV-III status so that proper precautions can be taken to protect you and others.

• Women with a positive antibody test should avoid pregnancy until more is known about the risks of transmitting HTLV-III from mother to infant.

SOURCE:

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Public Health Service

INFORMATION HOTLINES

National Toll Free Hotline
(800) 342-2437

Alaska Dept. of Health
Anchorage AK (907) 561-4233

Anchorage STD Clinic
Anchorage AK (907) 964-4611

Dept. of Health

Montgomery AL(205) 261-5131
Jefferson County Health Dept.
Birmingham AL(205) 933-9110

G.Y.S.T. (Get Your Stuff Together House)
Little Rock AR(501) 375-5151
Gay Counseling Service/Psychotherapy Center
Little Rock AR (501) 663-6455
Arizona AIDS Funds Trust
Pheonix AZ(602) 277-1929
Metropolitan Community Church
Tuscon AZ(602) 622-4536
Metropolitan Community Church
Pheonix AZ(602) 265-2831
Tuscon Gay Men's Clinic
Tuscon AZ(203-871-2431
California Statewide Toll Free Hotline
CA(800) 367-2437
AIDS Education/Research Foundation
San Francisco CA (415) 626-8784
AIDS Health Center
San Francisco CA(415) 626-6637
AIDS Project/Dept. of Public Health
San Jose CA(408) 299-5858
AIDS Project/Los Angeles
Los Angeles CA(213) 876-8951
AIDS Response Program/Gay & Lesbian Comm Serv of OC
Garden Grove CA(714) 534-3261
AIDS Team
Fresno CA(209) 264-2436
AIDS/Kaposi's Sacroma Foundation
Sacramento CA(916) 448-AIDS
Aquarian Effort Medical Center

Sacramento CA(916) 448-2437
Bay Area Physicians for Human Rights
San Francisco CA(415) 558-9353

Berkeley Gay Men's Clinic
Berkeley CA (415) 548-2570/848-9220
Ctr. for Interdisciplinary Rsch. In Immun. & Disease
Los Angeles CA(213) 825-1510
Desert AIDS Project/Community Counseling Center
Palm Springs CA(619) 323-2118
Diablo V. Community Center
Concord CA(415) 827-2960
Four Cnty AIDS Task Force/Santa Barbara Hlth Dept.
Santa Barbara CA (805) 967-2311x455
L.S. Shanti Project
West Hollywood CA(213) 874-2030
Los Angeles AIDS Network
Los Angeles CA(213) 483-8574
Mariposa Educ. & Research Found., Inc.
Los Angeles CA(818) 704-4812
Pacific Center AIDS Project
Berkeley CA(415) 548-8283
People with AIDS/SF
San Francisco CA(415) 665-3787
San Diego AIDS Project
San Diego CA(619) 294-2437
San Francisco AIDS Foundation
San Francisco CA(415) 864-4376
San Francisco AIDS Project
San Francisco CA(415) 864-4376
Shanti Project/AIDS Interfaith Network
San Francisco CA(415) 558-9644
Social Security AIDS Community Liaison
Berkeley CA(415) 486-3264

Southern CA Physicians for Human Rights
Los Angeles CA(213) 658-6261
UC San Fran Inst for Health Policy Studies
San Francisco CA(415) 476-4921
UC San Fran/AIDS Clinical Research Ctr
San Francisco CA(415) 666-1407
UC San Fran/GCRC/San Fran Gen Hosp
San Francisco CA(415) 285-2900
UCLA AIDS Center/VAMC West LA
Los Angeles CA(213) 206-6414
USC Hematology Research Lab
Los Angeles CA(213) 224-7224
National Assoc. for Lesbian & Gay Gerontology
San Mateo CA(302) 764-2208
Colorado AIDS Project Gay & Lesbian Comm Center
Denver CO(303) 837-0166
El Paso County Health Dept. Clinic
Colorado Springs CO(303) 578-3148
AIDS Coordinator/State Dept. of Health Svcs
Hartford CT(203) 566-5058
AIDS Project New Haven
New Haven CT(203) 239-7881
AIDS Project New Haven
New Haven CT(203) 624-2437
Hartford Gay Health Collective
Hartford CT(203) 724-5194
AIDS Action Council/Fed. of AIDS-Related Organ.
Washington DC(202) 547-3101
AIDS Hotline
Santa Fe NM(505) 827-3201
Metropolitan Community Church
Las Vegas NV(702) 384-2325
Nevada Div of Human Svc/Communicable Disease
Carson City NV(702) 885-4800

New York Statewide Toll Free Hotline
NY(800) 342-2437
AIDS Council of Northeaster New York
Albany NY(518) 434-4686
AIDS Institute/NY State Dept of Health
New York NY(212) 340-3388
AIDS Medical Foundation
New York NY(212) 949-7410
AIDS Network Group/Dept of Soc Work/Mem Sloan-Kett
New York NY(212) 794-7018
AIDS Program, HCC, Inc.
Brooklyn NY(212) 855-7275
AIDS Resource Center, Inc.
New York NY(212) 206-1414
AIDS Rochester/Rochester AIDS Task Force
Rochester NY(716) 232-7181
Bellevue Hospital/NY Univ. Medical Center
New York NY(212) 561-5151
Central NY AIDS Task Force
Syracuse NY(315) 475-2430
Gay Men's Alliance of Hudson Valley
White Plains NY(914) 997-5149
Gay Men's Health Crisis, Inc.
New York NY(212) 807-6664
Haitain Coalition on AIDS
Brooklyn NY(212) 735-3568
Haitain Community Health Project
Brooklyn NY(718) 773-1171
Ind Citizens Resrch Found for Study of Degenerative Diseases
Ardsley NY(914) 478-1862
Lambda Legal Defense & Education Fund
New York NY(212) 944-9488

Lesbian & Gay Concern Comm/Natl Assoc of Social Wr
New York NY(212) 799-3298
Long Island AIDS Project/SUNY Health SciStony Brook NY(516) 444-2403
Mayor's Interagency Task Force on AIDS
New York NY(212) 566-0484
NY Univ/Kaplan Cancer Center
New York NY(212) 340-5349
National Gay Task Force
New York NY(212) 714-5800
Soutier AIDS Task Force
Binghampton NY(607) 723-6493
Western New York AIDS Program
Buffalo NY(716) 881-1275
Ohio Statewide Toll Free Hotline
OH(800) 322-2437
AIDS Advisory Committee/Ohio Dept of Health
Columbus OH(614) 466-4643
AIDS Volunteers of Cincinnati
Cincinnati OH(513) 542-0493
Akron City AIDS Task Force/Akron Health Dept
Akron OH(216) 375-2960
Cleveland/Cuyahoga AIDS Task Force/Clvlnd Health
Cleveland OH(216) 664-2525
Health Guard Foundation
Oklahoma City OK(405) 525-9333
Oklahoma City Mem Hosp/U of Okla School of Med
Oklahoma City OK(405) 271-4700
Cascade AIDS Project/Pheonix Rising Found
Portland OR(503) 223-8299
Oregon State Health Service
Portland OR(503) 229-5792

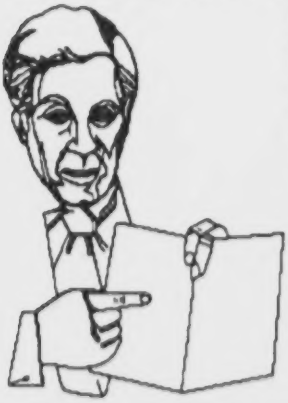
Philadelphia AIDS Task Force
Philadelphia PA(215) 232-8055
State Dept of Health & Environ/Bur of Comm Disease
Columbia SC(803) 372-7321
Lifestyle Health Services
Nashville TN(408) 298-4238
AIDS Committee
San Antonio TX(512) 736-5216
AIDS Task Force
Dallas TX (214) 528-4233
Kaposi's Sarcoma/AIDS Foundation
Houston TX(713) 524-2437
Oaklawn AIDS Action Project
Dallas TX(214) 351-1502
Gay Men's Health Group
Seattle WA(206) 322-3919
Northwest AIDS Foundation
Seattle WA (206) 527-8770/322-6698
Seattle AIDS Action Committee
Seattle WA(206) 323-1229
Seattle Gay Clinic
Seattle WA(206) 322-2873
National Coalition of Gay STD Services
Milwaukee WI(414) 277-7671
AIDS Education Fund/Whitman Walker Clinic
NWWashington DC(202) 332-5939
Gay Rights National Lobby AIDS Project
Washington DC(202) 546-1801
United States Conference of Mayors
Washington DC(202) 254-8718
Delaware Lesbian & Gay Health Advocates
Wilmington DE(302) 652-3310
Gay & Lesbian Alliance of Delaware
Wilmington DE(302) 764-2208

Gay Nurses' Alliance
Wilmington DE(312) 871-5696
AIDS Action Committee
Key West FL (305) 294-5531x4797
Health Crisis Network
Normandie Isle FL(305) 448-2882
Health Crisis Network c/o KIPP
Miami FL(305) 634-4636
Orange County Health Department
Orlando FL(305) 420-3347
U.S. Veteran's Admin Hosp & Univ of So Florida
Tampa FL(813) 974-4096
AIDS Atlanta
Atlanta GA(404) 872-0600
Hawaii Dept of Health
Honolulu HI(808) 548-5986
Sexual Identity Center
Honolulu HI(808) 926-1000
Scott County Health Dept/Communicable Diseases
Davenport IA(319) 326-8618
Chicago Dept of Health
Chicago IL(312) 744-7573
Cook County Hospital/Scheer Sable Clinic
Chicago IL(312) 633-7810
AIDS Action Project/Howard Brown Mem Clinic
Chicago IL(312) 871-5777
Indiana AIDS Task Force c/o Community Hospital
Indianapolis IN(317) 353-5858
Dept of Health Services
Frankfort KY(502) 564-3418
AIDS Task Force
New Orleans LA (504) 568-9619/524-7023
Foundation for Health Education
New Orleans LA(504) 244-6900

New Orleans Social Workers Task Force
New Orleans LA(504) 899-6024
Tulane Univ/Clinical Immun Sec/Sch of Med New Orleans LA(504) 588-5578
AIDS Action Committee/Fenway Health Comm Ctr
Boston MA(617) 267-7573
Cancer Research Inst/New Engl Deaconess Hosp
Boston MA(617) 732-7000
Haitian Committee on AIDS
Dorchester MA(617) 436-2808
Social Security AIDS Comm Liaison
Boston MA(617) 223-4337
Social Security AIDS Regional Coordinator
Boston MA(617) 223-4551
AIDS Project of the Cancer Ctr/Univ of MD
Baltimore MD(301) 528-7394
Health Education & Resource Organization
Baltimore MD(301) 947-2437
Maryland Medical Research Institute
Baltimore MD(301) 435-4200
Henry Ford Hospital
Detroit MI(313) 876-2563
Wellness Networks, Inc.
Royal Oak MI(313) 876-3582
LGSC/MN AIDS Project
Minneapolis MN(612) 827-2821
Minnesota AIDS Project
Minneapolis MN(612) 371-0180
Social Security AIDS Comm Liaison
Minneapolis MN(612) 725-2717
Gay & Lesbian Health Clinic
Kansas City MO(816) 931-4470
St. Louis Task Force on AIDS
St. Louis MO (314) 768-8100x2437

Truman Medical Center
Kansas City MO(816) 556-3000
Mississippi Dept of Health
Jackson MS(205) 261-5131
Mississippi Gay Alliance
Jackson MS(601) 353-6711
East Chatham Medical Center
Pittsboro NC(919) 542-2731
GHL/AIDS Project
Durham NC(919) 286-0079
U.S. Veteran's Administration Hospital
Wilmington NC(919) 286-0411
Division of Disease Control/Dept of Health
Bismark ND(701) 224-2378
Off of Disease Control/State Dept of Health
Lincoln NE(402) 471-2937
AIDS Health Center/Newark Beth Isreal Ctr
Newark NJ(201) 926-8025
NJ Lesbian & Gay AIDS Awareness
Newark NJ(201) 596-0767
New Jersey Dept of Health Div of Communicable Dis
AIDS Office
Trenton NJ(718) 855-0972
Social Security AIDS Community Liaison
Newark NJ(201) 645-3247

Along with the lists of organization and hot-lines, Ricco wants to include some of the recent booklets available on AIDS. He gathers all the available booklets at the Help Center and those he received from Johnson. He remembers reading these pamphlets over and over and trying to understand Francis' illness and later his own illness. The following is a list of booklets and addresses for obtaining materials.



- What Gay and Bisexual Men Should Know About AIDS
- What Everyone Should Know About AIDS
- About AIDS and Shooting Drugs
- What Young People Should Know About AIDS

(Available by writing: Pennsylvania Department of Health, P.O. Box 90, Harrisburgh, PA 17108)

- AIDS, Sex and You
- Gay and Bisexual Men and AIDS
- If Your Test for Antibody to the AIDS Virus is Positive
- AIDS and the Safety of the Nation's Blood Supply
- Facts About AIDS and Drug Abuse
- AIDS and Your Job — Are There Risks?
- Caring for the AIDS Patient at Home

(Available by writing your local chapter of the American Red Cross)

• What Do We Know About AIDS?
• What Women Should Know About AIDS
• AIDS, Think About It
• Teens and AIDS
• What is Safe Sex?
(Available by writing: Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830)

• Questions and Answers About the HIV Antibody Test
• Safe Sex for Men and Women Concerned About AIDS
(Available by writing: HERO, 101 W. Reed Street, Suite 812, Baltimore, MD 21201)

• When a Friend Has AIDS
• Women Need to Know About AIDS
• I Can't Cope with My Fear of AIDS
• The Safer Sex Condom Guide (Visually Graphic)
(Available by writing: Gay Men's Health Crisis, Box 274, 132 West 24th Street, New York, NY 10011)

• How to Keep From Getting AIDS
(The Economics Press, Inc., 12 Daniel Road, Fairfield, NJ 07006)

• Facts About AIDS
(Commonwealth of Pennsylvania, Department of Health, P.O. Box 90, Harrisburg, PA 17108-9909)

• AIDS Update
(AIDS Information Database, Inc., 16810 E.

Avenue of the Fountains, P.O. Box 17509, Fountain Hills, AZ 85268)

• Surgeon General's Report on Acquired Immune Deficiency Syndrome
(AIDS, P.O. Box 14252, Washington, DC 20044)

• AIDS and the Education of our Children
(Consumer Information, Department of Educa tion, Pueblo, CA 81009)

• AIDS
(R. Woods, Consumer Information Center D, Dept. 41D, Pueblo, Colorado 81009)

• AIDS Alert (monthly newsletter)
(For subscription call American Health Consult ants 800-554-1032)

• The AIDS Recore (bimonthly newsletter)
(Bio-Data Publishers, P.O. Box 66020, Washing ton, DC 20035-6020)

• Answers About AIDS
(American Council on Science and Health, 47 Maple Street, Summit, NJ 07901)

• Preventing AIDS
(JALSCO Inc., P.O. Box 30226, Cincinnati, OH 45230)

• Safe Sex
(New American Library, 1633 Broadway, New York, NY 10019)

The last information that Ricco wants to include in his booklet is a list of antibody testing sites. This is the list of suggested testing sites:

- local hospitals
- local chapters of American Red Cross
- local office of State Health Center

Ricco is anxious to have his booklet printed. He told Francis about it and can't wait to show it to him. He knows that Francis needs something to cheer him up. While Ricco was writing the booklet, Francis kept encouraging him. He told Ricco that he was writing it for both of them.

At last the day comes! The printer has delivered the booklets. Ricco is very pleased with the way it turned out. He quickly grabs two of the copies and hurries to show Francis. When he arrives at Francis' room, his joy quickly turns to sadness. He can see that Francis is much worse! Francis is lying in bed and breathing very heavily. His color is a darker yellow than it was yesterday. His face is so thin and his cheek bones are very apparent. He must weigh only about eighty pounds. It has been very difficult for him to eat during the past two weeks. Ricco doesn't want Francis to see the tears in his eyes. He quickly wipes them away and then continues into the room. "Hey, Francis, it's here! Our booklet was just delivered," announces Ricco. He can see a smile come across Francis' face. "Bring it here, so I can see it," responds Francis. As Francis opens the booklet he sees something that he didn't expect to see! He reads these words:

Dedicated to my dear friend. Francis. I wrote this booklet for him. He has been the brave fighter of this terrible disease and has helped me to overcome my fears and change my behavior. He's never asked "why me" but accepted his fate. Through his encouragement I wrote what he would have written for every man, woman and child infected with AIDS.

Ricco can clearly see that Francis is deeply touched by this dedication. His hands are shaking as he reaches to embrace Ricco. As the two old friends embrace, Francis whispers to Ricco, "Thank you, dear friend for your love and friendship." Ricco responds, "Anytime Brother Viper!" Sadly, Ricco can feel the great loss in his arms. His friend is gone!

TEACHER'S GUIDE

for

An Unforgiving Enemy - AIDS

The materials are the result of an adult education project which was supported in whole or in part by the United States Department of Education. However, the opinions expressed herein do not necessarily reflect the position or policy of the United States Department of Education or the Pennsylvania Department of Education and no official endorsement should be inferred.

These materials are a result of a Section 310 grant funded under the Adult Education Act (P.L. 95-561) administered through the Department of Education, Bureau of Vocational and Adult Education, Division of Adult Basic Education, Harrisburg, Pennsylvania 17126-333.

Project Title: Development of ABE Instructional Materials on the Prevention of AIDS

Contract Number: 98-8013 (1987-88)

Organization:
Adult Education Services
Dr. Robert W. Zellers, Executive Director
313 Gardner Street
Johnstown, PA 15905

Project Director:
Dr. Robert W. Zellers
Education Division
University of Pittsburgh at Johnstown
Johnstown, PA 15904

Materials may be borrowed through:
AdvancE
The Adult Education Clearinghouse
PDE Resource Center
Pennsylvania Department of Education
333 Market Street
Harrisburgh, PA 17126-333

CHAPTER 1 *THE REUNION*

I. Terms for Review

AIDS	Acquired Immune Deficiency Syndrome
Acquired	Passed from person to person
Immune	The part of the body that provides protection from certain diseases.
Deficiency	A lack of
Syndrome	A group of signs and symptoms
virus	A bundle of genes surrounded by a protein coating, carrying instructions for copying itself but without the mechanism for reproduction. It must invade a living cell to reproduce itself. It is smaller than any living organism.
opportunistic diseases	These diseases take the opportunity to attack the weakened immune system.
KS	Kaposi's sarcoma is a type of skin cancer that causes pink, brown or purple blotches on the skin which increase in size and number.
PCP	Pneumocystis carinii pneumonia is an infection of the lungs with these symptoms: persistent cough, fever, shortness of breath and difficulty breathing.
Asymptomatic	The first stage of AIDS. The blood is infected with the AIDS virus. The person looks and feels healthy but is capable of passing the virus to others.
ARC	AIDS Related Complex. This is the second stage of AIDS. Mild or chronic symptoms of the AIDS infection are present. The infected person may transmit the disease to others.
AIDS	This is the third and final stage of the disease and the most serious. The immune system breaks down and the body is not able to fight infection. Pneumonia and/or cancer invade the body and lead to death. The disease may still be transmitted to others.
Communicable	The ability to transmit the disease to others.

HIV	Human Immunodeficiency Virus has been identified as the AIDS virus.
HTLV-III	Human T-Lymphotropic Virus Type III is another name for the AIDS virus.
B cells and T cells	White blood cells that make antibodies
Antibody	A protein generated in the body to fight disease-causing organisms
helper cells	T cells that help the B cells make antibodies for fighting invading viruses
supressor cells	T cells that work to stop the production of B cell antibodies once the infection has been overcome.

II. Discussion Points

This chapter introduces the characters Ricco and Francis. It focuses on the definition of AIDS, the three stages of this disease, the cause, and the origin of the tissue.

After reading the chapter, possible questions or discussion points may include:

1. What would your feeling be toward a person you were very close to ten years ago and now is a homosexual?
2. How would you react to this person?
3. If you were Ricco, what would you have done when Vaughn told you that Francis has AIDS and is dying?
4. Discuss the meaning of the acronym AIDS and the meaning of each word.
5. Explain the devastating role that opportunistic diseases play in the life of a person with AIDS. (KS and PCP)
6. Would you have called the U.S. Health Service Hotline? Why or why not?
7. Explain and discuss the three stages of AIDS (Asymptomatic, ARC and AIDS). Stress that in all three stages, the person infected with the AIDS virus is capable of transmitting the virus to other people.
8. Ask students to explain the work of the B and T cells in the blood.
9. Compare the role of the "helper" cells and the "supressor cells" in the body's blood supply.
10. Discuss the possible origin of the AIDS virus in Central Africa and its growth across Africa.

III. Suggested Activities

A. Administer the National AIDS Awareness Test as a pretest and introduction to the subject.

B. Use overhead projector with information sheet #1.

C. Use the videotape The Burkes Have AIDS. (20 minutes) IMS-videotape.

The National AIDS Awareness Test

I. The Epidemic

1. AIDS is caused by:
   A. a virus
   B. bacteria
   C. a parasite

2. Is AIDS contagious?
   Yes No

3. The number of cases of AIDS diagnosed in the United States is closer to:
   A. one million
   B. 40,000

4. When was AIDS first identified?
   A. 1957
   B. 1972
   C. 1981

5. By the end of 1991, the total number of cases of AIDS in the United States is expected to be about:
   A. 50,000
   B. 250,000
   C. 1,000,000

6. How many AIDS virus carriers are there in the United States?
   A. about 100,000
   B. about 500,000
   C. about 1,000,000

7. In the entire world, the greatest number of AIDS cases reported officially so far is in:
   A. Latin America
   B. Asia
   C. United States
   D. Africa

II. AIDS: Who Gets It?

8. Women have greater natural immunity to AIDS than men.
   True False

9. A pregnant woman with the AIDS virus can give birth to an infected child.
   True False

10. The highest number of AIDS cases is among:
    A. Heterosexuals
    B. Homosexuals
    C. IV Drug users

11. Blacks and Hispanics are more susceptible to AIDS than other ethnic groups
True False

Opinion

Would an AIDS center in your neighborhood upset you . . .
A. a great deal
B. somewhat
C. very little
D. not at all

III. AIDS: How You Get It

12. AIDS is more contagious than measles.
True False

13. AIDS is more contagious than tuberculosis.
True False

14. AIDS is more contagious than smallpox.
True False

15. AIDS is more contagious than the common cold.
True False

16. AIDS cannot be transmitted from woman to man.
True False

17. You can get AIDS more easily through:
A. oral sex
B. anal sex
C. vaginal sex

IV. AIDS: Safe Sex

18. The only sure way to prevent getting AIDS through sex is:
A. abstinence
B. sex with protection
C. early withdrawal

19. The best of these devices to protect against the AIDS virus is:
A. natural condom
B. latex condom
C. diaphragm

20. Spermicide gel, used with a condom, adds protection against AIDS.
True False

21. Condoms need only be worn during anal sex to prevent AIDS.
True False

22. You can get AIDS through sex even if you are only having sex with one partner.
True False

V. AIDS: The Bloodstream

23. You cannot get AIDS from giving blood.
True False

24. You can get AIDS from an organ transplant.
True False

25. Health workers can get the AIDS virus if infected blood gets into cuts in their skin.
True False

26. Hospitals are required to protect their health care workers against infection from AIDS.
True False

27. You can get AIDS from a tattoo needle.
True False

28. Doctors have found people who have been infected with the AIDS virus from mosquitoes.
True False

Opinion

Should doctors be required to treat AIDS carriers?
Yes No

29. The AIDS virus thrives in heroin.
True False

30. You can get AIDS from an IV needle used by an AIDS carrier.
True False

VI. AIDS: What Happens To You

31. Once you get the AIDS virus you will always have it.
True False

32. The symptoms of people with AIDS are always the same.
True False

33. A person who has the AIDS virus can look and feel well and healthy.
True False

34. AIDS can kill you by destroying the brain.
True False

35. It can take five years or more for an AIDS virus carrier to develop AIDS.
True False

36. AZT is the only drug licensed in the United States to fight the AIDS virus.
True False

37. There is no known cure for AIDS.
True False

38. There is no known vaccine to protect against AIDS.
True False

VII. AIDS: The Cost

39. The average cost for an AIDS patient for a year in the United States is about:
A. 10,000
B. 50,000
C. 100,000

40. The annual cost of treating AIDS patients in the United States is:
A. 300 million dollars
B. 800 million dollars
C. over 1 billion dollars

Opinion

Who should pay most medical costs for AIDS patient care?
A. federal government
B. local government
C. the individual
D. the employer

VIII. AIDS: The Blood Test

41. If your blood test is negative you are immune to AIDS.
True False

42. A recent negative blood test is proof that a person is not an AIDS virus carrier.
True False

43. How long until the AIDS virus shows up?
A. 1-3 days
B. 1-3 weeks
C. 1-3 months

44. A person who tests positive:
A. may develop the disease
B. is certain to develop the disease

45. All applicants for marriage licenses in the United States are required to take an AIDS test.
True False

46. All U.S. Military personnel must be tested for AIDS.
True False

Opinion

Would you favor or oppose compulsory testing of everyone for the AIDS virus?
Favor Oppose

IX. AIDS: AIDS and You

47. Can you get AIDS from touching an AIDS carrier?
Yes No

48. Can you get AIDS from sharing soap?
Yes No

49. Can you get AIDS from a telephone?
Yes No

50. Can you get AIDS from a sneeze?
Yes No

51. Can you get AIDS from sharing a locker?
Yes No

52. Can you get AIDS from a swimming pool?
Yes No

53. Can you get AIDS from food?
Yes No

54. Can you get AIDS from money?
Yes No

55. Can you get AIDS from garbage?
Yes No

Answers for The National AIDS Awareness Test

I.

1. a. a virus
2. yes
3. b. 40,000
4. c. 1981
5. b. 250,000
6. c. about 1,000,000
7. c. United States

II.

8. false
9. true
10. b. homosexuals
11. false

Opinion question
a great deal
somewhat
very little
not at all

III.

12. false
13. false
14. false
15. false
16. false
17. b. anal sex

IV.

18. a. abstinence
19. b. latex condom
20. true
21. false
22. true

V.

23. true
24. true
25. true
26. false
27. true
28. false

Opinion question
Yes No

29. false
30. true

VI.

31. true
32. false
33. true
34. true
35. true
36. true
37. true
38. true

VII.

39. b. $50,000
40. c. over 1 billion dollars

Opinion question

A. federal government
B. local government
C. the individual
D. the employer

VII.

41. false
42. false
43. c. 1-3 months
44. a. may develop the disease
45. false
46. true

Opinion question

Favor Oppose

IX.

47. no
48. no
49. no
50. no
51. no
52. no
53. no
54. no
55. no

Each of the 55 questions is worth 2 points. So if you got all 55 questions correct, your score would be 110.

National Survey

Total Points	110
90 or more	top 10%
84 or more	top 20%
74 or more	top half

Information Sheet 1

AIDS Has Three Stages

I. Asymptomatic
   a. no symptoms
   b. blood is infected with the HIV virus
   c. capable of transmitting the disease to others

II. ARC (AIDS Related Complex)
   a. symptoms - fever or "night sweats", weight loss, swollen glands in neck and armpits, fatigue and tiredness, diarrhea, white spots in mouth.
   b. communicable - disease may be transmitted to others

III. AIDS (Acquired Immune Deficiency Syndrome)
   a. The body's immune system breaks down.
   b. Instead of fighting disease, B and T cells fight each other.
   c. Opportunistic diseases invade the body.
   d. Disease may also be transmitted to others.

CHAPTER 2 *WHO IS THE VICTIM?*

I. Terms for Review

bisexual	a preference for both sexes
homosexual	a preference for the same sex
heterosexual	a preference for a different sex
hemophiliac	a person who has an inherited blood disorder characterized by delayed clotting of blood

II. Discussion Points

This chapter identifies the five categories of adults who are most likely to get AIDS. It also attempts to determine the appropriate category for Francis.

Possible questions and points for discussion:

1. Stress that the risk of infection is greater for those with many sexual partners.

2. Emphasize that there is an increased risk of infection for those who engage in sexual activity and use drugs. (Use the story of Jason and Jennifer with diagrams 1-A through 1-D.) Discuss how Jason's actions have affected his life and the lives of others. What could all of these people done to protect themselves from being infected with the AIDS virus?

3. Read Kevin's story. Discuss the ramifications of Kevin's behavior at the poker game. Focus on sharing drugs can also mean sharing AIDS. Ask these questions: What should Kevin be worried about? Should he tell his wife? What might be her reaction?

III. Additional Resources

Supplement the lesson with a copy of the pamphlet "What Everyone Should Know About Sex" (available through the Pennsylvania Department of Health.)

Jason and Jennifer

A dude called Jason goes to a rock concert. He meets some of his friends in the restroom and they dare him to shoot some IV drugs. He's never used drugs before. Feeling the pressure from his buddies, he accepts the dare! His friends show him what to do. Jason doesn't know it, but one of the guys he is "shooting" with has been infected with the AIDS virus. Jason becomes infected. (Diagram 1-A)

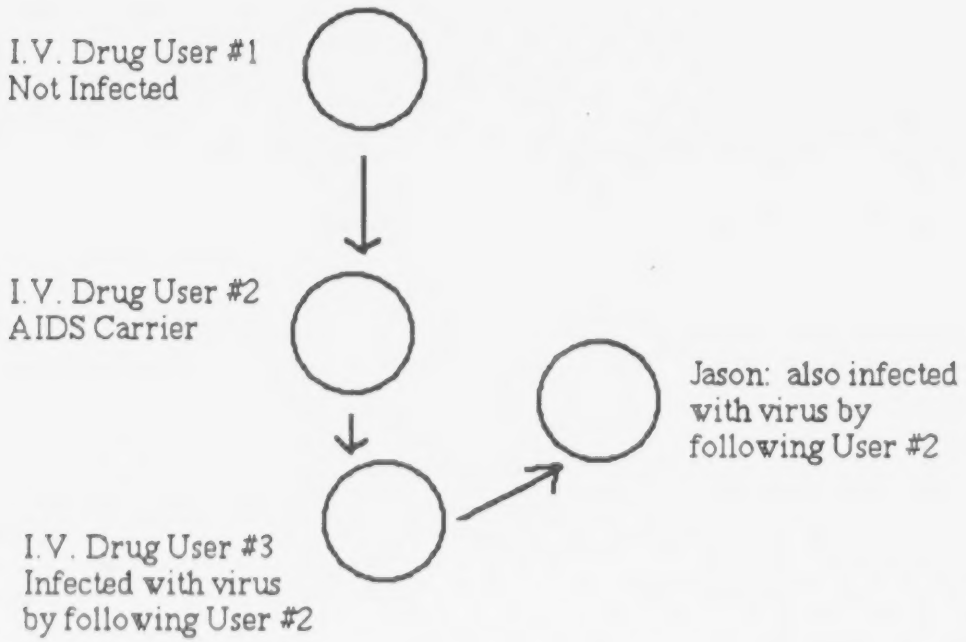
Jason has sex with his lady, Jennifer. She becomes infected but neither of them are aware of this.

A few months later, Jason and Jennifer split up. Jason has a new lady, Morgan. He becomes sexually involved with Morgan and continues to use IV drugs occasionally. Jennifer moves in with Vince and continues their sexual relationship. Morgan and Vince become infected with the AIDS virus, as do some people Jason has been "shooting" with. (Diagram 1-C)

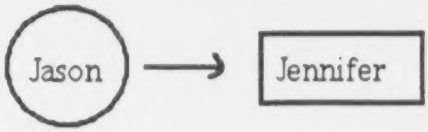
As each of these four people continue, over time, to have more unsafe sex with others or share IV drugs, the virus continues to spread.

It is now four years since Jason went to the rock concert and accepted his friends dare. He moved out of town five months ago and no one has seen or heard from him. You come into the story here. You may become involved with one of these people who has had direct or indirect contact with Jason, Jennifer, Morgan or Vince. (Diagram 1-D) Maybe this individual only experimented with drugs or sex one time. Since the AIDS virus can incubate for several years, nobody suspects him or herself to be at risk. Everybody in this diagram looks and feels healthy.

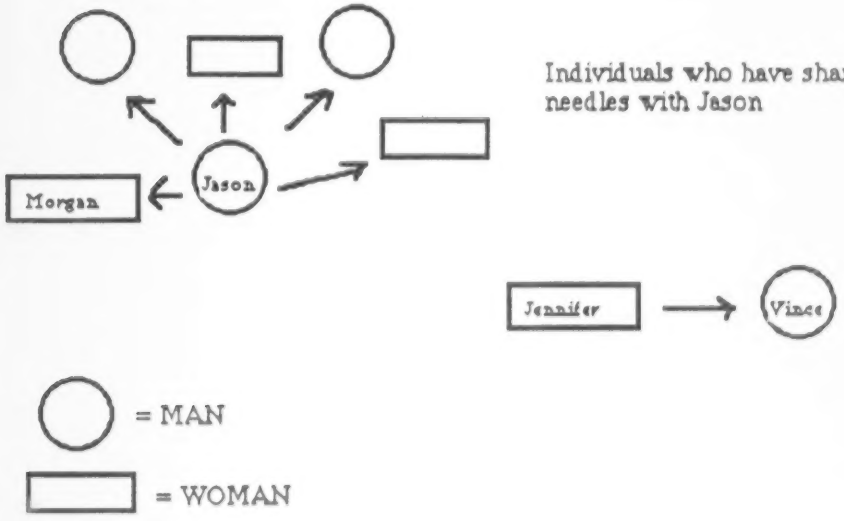
1-A Jason goes to a rock concert and is infected with the AIDS virus by sharing an IV needle.


I.V. Drug User #1
Not Infected
I.V. Drug User #2
AIDS Carrier
Jason: also infected with virus by following User #2
I.V. Drug User #3
Infected with virus
by following User #2

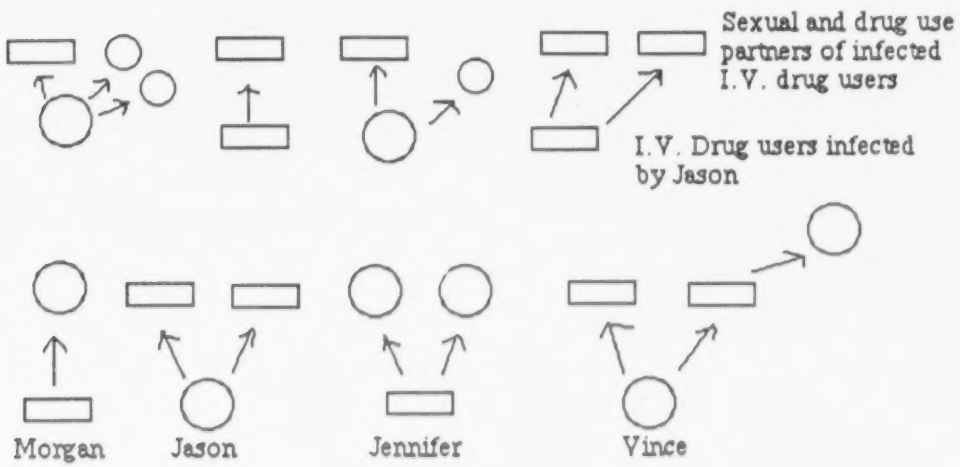
1-B Jason transmits the virus to Jennifer through sexual relations.



1-C Jason and Jennifer split up. Jason becomes sexually involved with Morgan. Jennifer becomes sexually involved width Vince. Jason continues to share IV needles with others.



1-D Each of these individuals continues to have sexual relations or IV drug contact with others. The AIDS virus continues to spread.



Kevin and Sharon

Kevin is twenty-seven and married to Sharon. They have a two-year old son, Ryan. While Sharon and Ryan are out of town visiting Grandmother, Kevin is invited to play poker with his friends. After the game, some of the guys are using drugs. One of the guys keeps encouraging Ryan to "come join in the fun." At first Kevin refuses but after a few more beers he decides to "join in the fun."

A few months later Sharon and Ryan are out of town again and Kevin calls his friends about a poker game. He finds out that one of the guys he shared a needle with has died of AIDS. Scared by this news, Kevin quickly arranges to take the antibody test. After taking the test, he learns that the results are POSITIVE. The counselor at the health center explains to Kevin that he has been infected with the AIDS virus but it does not definitely mean that he will get AIDS. The counselor cautions Kevin that he is capable of passing on the virus to his wife and child.

CHAPTER 3 *HOW DID FRANCIS GET AIDS?*

I. Terms for Review

bisexual	a preference for both sexes
heterosexual	a preference for a different sex
sexual contact	is referred to as sexual intercourse (vaginal or anal)

II. Discussion Points

This chapter attempts to determine how Francis got AIDS by examining the information available in the booklet "What About AIDS?" It also emphasizes that AIDS is transmitted through sexual contact, infected hypodermic needles, infected mothers passing the virus to a fetus and transfusion of blood or blood products infected with the AIDS virus.

Before reading the chapter, it may be interesting to have the student speculate on how Francis got AIDS. At the conclusion of the chapter, these speculations could be verified or discounted. Other possible questions for discussion may include:

1. How do gay or bisexual men get AIDS? Would this be a possibility for Francis? Why or why not?

2. Ricco is worried that Charmagne may have AIDS. How could this have happened?

3. How did Ricky, Robby and Randy Ray get AIDS in 1986? How can this be prevented today?

4. What was Ricco's real reason for calling Johnson in this chapter? If you were Ricco, would you have telephoned Johnson? Explain your answer.

5. During Ricco's conversation with Johnson, he becomes very embarrassed. Why does this happen?

6. Why is Ricco worried about Charissa?

7. Johnson gives Ricco some advice for helping his friends that do drugs. What is this advice?

III. Suggested Activities

A. The following booklets would give additional information to the students: "AIDS and the Safety of the Nation's Blood Supply," "What Women Should Know About AIDS" and "Women Need to Know About AIDS." (See Chapter 5 for mailing addresses for obtaining these publications.

B. Ask a resource person from the local chapter of the American Red Cross to talk to the students about the safety of donating blood and blood transfusions.

C. Present the film "Sex, Drugs and AIDS" (O.D.N.) 18 minutes. IMS-film-MP11200. (Ask for the new edition or tape.) The message is clear on how not to get AIDS and emphasizes abstinence.

CHAPTER 4 *THE TEST AND ITS RESULTS*

I. Terms for Review

symptoms	A sign or clue that tell us something is wrong
lymph glands	Glands found in the neck, underarm or groin
Retrovir (AZT)	A drug prescribed to prevent the HIV virus from harming the immune system
positive test result	The person has been infected with the HIV virus and there are antibodies to the virus in the blood.
negative test result	The person has not been infected with the AIDS virus. No antibodies are present in the blood. It can also mean that the person has been infected with the virus but the body has not had time to make antibodies to the AIDS virus.
false positive result	Antibodies to the HIV virus are reported but are <u>not</u> present in the blood.
false negative result	Antibodies to the AIDS virus are in the blood but have not been identified in the test.
ARC	AIDS Related Complex
ELISA Test	(Enzyme Linked Immunosorbent Assay) A screening test used to diagnose the presence of antibodies to the AIDS virus in the blood.
Western Blot Test	A very sensitive blood test used to diagnose the presence of antibodies to the HIV virus in the blood.
condom	Prevents the transfer of body fluids from one person to another during sexual intercourse.
invincible	Not to be overcome
precautions	An action taken in advance to protect against possible danger.
disinfect	To destroy germs
diagnosis	Finding out what disease a person has by examinations and careful study of the symptoms.
isolate	To place apart from others.

II. Discussion Points

The focus of this chapter is on recognizing the symptoms of people with AIDS. It also traces the procedure a person follows for the antibody testing and deals with the person's mental attitude toward the test results.

After the students have read the first part of the chapter, you might ask them to predict if Ricco will have the antibody test done.

The following questions could generate an informative discussion:

1. Ask students to name the symptoms of a person with AIDS. It should be stressed that some of these symptoms resemble the signs of cold or flu but the length of time that these symptoms persist is crucial in diagnosing AIDS. Also remind students that AIDS cannot be self-diagnosed.

2. Pose this question to the students: "If you were Ricco, would you have the test?" Students should explain their answers. Also suggest this question: "Would you have told your husband/wife or anyone close to you that you were going to have the test?" Why or why not/

3. Discuss the difference between a positive or negative test result. Also include the difference between a false positive or a false negative test result.

4. Ask students to give their opinion of the precautions suggested by Mrs. Jordan? Would they follow these suggestions? If not, why?

5. Request that students speculate on their reaction to a positive test result on their blood. Would they tell their spouse or close friend? Why or why not?

6. Ask students how they would feel about having a Help Center for AIDS victims in their neighborhood. What would be their reasons for doing volunteer work at the center? What would be their reasons for not working there?

7. Discuss the various ways people may react to a positive test result, ARC or the diagnosis of AIDS.

8. Ask students to think of ways the family and friends of a person with AIDS can be supportive of that person?

III. Suggested Activities

A. A chart could be prepared by the teacher and students stating the symptoms of a person with AIDS.

B. Printed copies of the symptoms and precautions could be distributed to the students for their own information.

C. Make copies of a sample consent form used by the University of Pittsburgh (Pitt's Men Study) for antibody testing. Discuss the content of the form.

D. Teacher and students demonstrate how to prepare a cleaning solution for an IV needle.

IV. Additional Resources

Pamphlets:

"If Your Test for Antibody to the AIDS Virus is Positive . . .", "AIDS - THINK ABOUT IT" (an easy-to-read pamphlet especially for people having a low reading level), "How to keep from getting AIDS", "Questions and Answers About the HIV Antibody Test", "I can't cope with my fear of AIDS".

CONSENT FOR TESTING FOR ANTIBODIES FOR HUMAN IMMUNODEFICIENCY VIRUS (HIV)

Please read the following carefully:

Purpose and Benefits of the test:

This test is used to determine whether a person has ever been infected by HIV, the human immunodeficiency virus. The test is designed to detect antibodies to HIV. An antibody is a protein which blood cells make in response to an infection. The purpose of the test is to help individuals and their physicians to understand and more effectively treat symptoms which may be caused by HIV. The test also identifies who may be infected by the virus and may, therefore, be at risk of infecting others through sexual contact, needle sharing, donating of body fluids, or childbirth.

Limitations of the test:

As with many other blood tests, there will be rare individuals who have test results which are called "false positives". For some reason, the test indicates that HIV antibody is present, when in fact, it is not. There are also false negative results in which no antibodies are detected even though the virus is present. Another limitation of this test is that it does not predict whether a person will remain healthy, will have mild symptoms or will develop AIDS. Further medical evaluation and testing can help to determine a person's risk of developing HIV-related disease.

Risks of the test:

Individuals who are told that they have antibodies to HIV can have a strong emotional reaction to these results, including severe anxiety or depression. Positive results can also be used as a basis for discrimination by other individuals or institutions.

Consent:

I certify that I have read the preceding or it has been read to me and that I understand its contents, including the limitations, benefits and risk of this test. I have received additional pre-test counseling, including information on how to reduce the risk of infecting myself and others. I have also discussed with the testing facility the procedures that will be required for me to learn my results and agree to this process. I understand that this testing is voluntary and that I may withdraw my consent at any time. I also understand that I have the option of being tested anonymously and have discussed the steps that will be taken to protect the confidentiality of my results. Any questions I have pertaining to this test have been and will be answered by _____.

_____ Date

_____ Patient Signature

_____ Physician Signature

_____ Witness

CHAPTER 5 *HOW DO I PROTECT MYSELF FROM AIDS?*

I. Terms for Review

absolute certainty	Without a doubt
syringe	A glass tube with a hollow needle at one end and a plunger; used for forcing fluids under the skin
sterile	Free from living germs
precautions	Care taken ahead of time, as against danger
prostitutes	A male or female who performs sex acts for money.
safe sex	Both partners share the responsibility for protecting themselves from being infected by the AIDS virus during sexual activities
contaminated	To make impure by touching or mixing with

II. Discussion Points

The emphasis in this chapter is placed on practicing "safe sex." It explains that both partners must share the responsibility for protecting themselves from being infected by the AIDS virus during sexual activities. It also stresses the need for knowing your sex partner, using a condom during sex and avoiding the use of IV drugs.

Suggested questions may include:

1. How would you have responded to Nate's question? ("How do I protect myself from AIDS?")
2. Seeing that Nate is very irritated by his present situation with his "lady", how would you have calmed him down?
3. What are the suggestions Ricco gave Nate for protecting himself from the AIDS virus?
4. Discuss the "pros and cons" of practicing safe sex.
5. Do you think a long-time drug user would follow these precautions concerning IV drugs? Explain your answer.
6. What other approach could Rico have used in helping Nate with his problem?

III. Suggested Activities

Because of the sensitive nature of the subject material, certain suggested activities should be used at the teacher's discretion.

A. Have students role play the characters of Ricco and Nate at the Help Center. The scene could begin with Nate coming into the Center and proceed as presented in the chapter.

B. If an alternative behavior is suggested for Ricco and Nate, the person who proposes the change in behavior could present his interpretation of the situation. Students could compare the value of each approach from the standpoint of Ricco and Nate.

C. Have students read the HERO Comix Group "Andrea and Lisa." Discuss the answers to the Safer Sex Quiz on the inside page.

D. Ask students to read "Talking with your partner about Safer Sex," and plan a conversation they would have with their partner about safer sex.

IV. Additional Resources

Pamphlets:

"Safe Sex for Men and Women Concerned about AIDS"
HERO Comix Group "Andrea and Lisa"
"Talking with your partner about safer sex"

CHAPTER 6 *WHAT SHOULD I KNOW ABOUT AIDS?*

I. Terms for Review

responsible decision	Trusted choices
hospice	A place that cares for patients who are terminally ill
risky behavior	Harmful actions
vaccine	A substance with dead bacteria or virus, used in this way to fight off diseases
therapies	Methods of treating a disease
myths	Any imaginary thing

II. Discussion Points

This chapter deals with up-to-date information on AIDS and attempts to discredit the current myths about this disease. It also looks at AIDS in the work place and the dilemma it presents among employers. Another aspect of the chapter encourages responsible decision making between partners and offers sources to assist these individuals with their choices.

In conclusion, the chapter sees Francis facing the final stages of his disease with the friendship and support he receives from Ricco until the end.

Possible points for discussion may include:

1. Ask students to describe their behavior if they had seen Francis at the door of the Help Center.
2. Question students as to their reply if Francis had made such a request of them? Explain answer.
3. Students could speculate on Francis' choices if Ricco had refused to help him.
4. Ask students how Ricco decided to "even the score" for Francis.
5. Discuss the progress that has been made since 1981 in AIDS detection.
6. Present the statistics from the Center for Disease Control (CDS) for present and future cases of AIDS in the United States. Discuss the effect this may have on the population (financially and emotionally).
7. Orally review the list of ways the AIDS virus is <u>not</u> transmitted. Encourage students to share their opinions about these myths.
8. Suggest to students that a person they work with has been diagnosed as having AIDS. How would they react to this person and the situation?

9. What is the most important reason why people won't change their behavior to protect themselves from AIDS?

10. Ask students to name some of the organizations that are willing to help anyone concerned about AIDS.

11. At the conclusion of this story, Francis dies. Would you have changed the ending? Why or why not?

III. Suggested Activities

A. Students and teacher prepare a chart based on the discussion of present and future cases of AIDS in the United States and the effect on the population. (see sample)

B. After the oral review of ways the AIDS virus is not transmitted, students prepare a written list of these myths.

C. Prepare and distribute a listing of the following to the students: Ways the AIDS Virus is Not Transmitted; Organizations that are available for help; hot-line numbers for assistance; pamphlets; and addresses for obtaining material.

D. Students write a different ending to the story.

E. The teacher reads the article in the Pittsburgh Post-Gazette, "AIDS: at the Heart of an Epidemic" (Wrapped in the Comfort of Friends). Discuss this type of hospice program that permits AIDS patients to stay at home with family and friends. How would have Francis reacted to this program?

IV. Additional Resources

Article:

Barbara Vancheri. "AIDS: At the Heart of an Epidemic". Pittsburgh Post-Gazette Magazine, March 28, 1988, p. 13-15.

Barbara Vancheri. "AIDS: At the Heart of an Epidemic". Pittsburgh Post-Gazette Magazine, March 29, 1988, p. 25, 26.

Barbara Vancheri. "AIDS: At the Heart of an Epidemic". Pittsburgh Post-Gazette Magazine, March 30, 1988, p. 19-21.

Barbara Vancheri. "AIDS: At the Heart of an Epidemic". Pittsburgh Post-Gazette Magazine, March 31, 1988, p. 17-19.

AIDS Cases in the United States

	Number of Cases	Effect on Population	
		Financially	Emotionally
Present (Aug., 1987)	40,845 Adults 500 Children		
Future (1991)	250,000 People		

RISK BEHAVIORS

- Sexual intercourse with an infected partner
- Anal intercourse with an infected partner
- Oral-genital intercourse with an infected partner
- Open-mouth kissing with an infected partner
- Sexual contact with multiple sex partners or with someone who has had multiple sex partners
- Sexual contact with prostitutes
- Sharing blood-contaminated needles during intravenous drug use
- Transfusion with infected blood or blood products
- Pregnancy of an infected woman

RESPONSIBLE DECISION MAKING

1. Identify the problem.

2. Identify ways to deal with the problem.

3. Apply criteria for responsible decision making to each alternative.

   - Would the results of my decision be healthful?
   - Would the results of my decision be safe?
   - Would the results of my decision be legal?
   - Would the results of my decision show respect for myself and others?
   - Would the results of my decision follow my parents' or guardian's guidelines?

4. Make a responsible decision and act upon it.

5. Evaluate your actions.

Risk ← BEHAVIORS → Wellness

Destructive ← RELATIONSHIPS → Healthful

Not Responsible ← DECISIONS → Responsible